

# DINNERLY



## Balanced Coconut Chicken Curry with Spinach and Freekeh



25 minutes



2 Servings

Scented with mild spices, this curry is brimming with goodness. Think juicy chicken thighs, tomato and baby spinach in a creamy coconut sauce – all served with nutty freekeh.



### WHAT WE SEND

- 125g freekeh <sup>1</sup>
- 1 tomato
- free-range chicken thigh fillets
- 10g vadouvan curry powder <sup>17</sup>
- 200ml coconut milk
- 50g baby spinach leaves

### WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 2 tsp soy sauce <sup>6</sup>

### TOOLS

- medium saucepan with lid
- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 695kcal, Fat 37.0g, Carbs 51.1g, Proteins 39.4g



#### 1. Cook freekeh

Fill a medium saucepan three-quarters full with water and bring to the boil. Cook the **freekeh**, partially covered, for 18-20 mins until tender. Drain.



#### 2. Prep ingredients

Meanwhile, crush or finely chop **2 garlic cloves**. Cut the **tomato** into wedges. Cut the **chicken** into 2cm chunks. Put the chicken, garlic, **half the curry powder** and **1 tbs vegetable oil** in a bowl, season with **salt and pepper** and toss to coat.



#### 3. Brown chicken

Heat a medium deep frypan over medium-high heat. Stir-fry the **chicken** for 2 mins or until browned. Add the **tomato** and **remaining curry powder** and stir-fry for 1 min or until fragrant.



#### 4. Simmer curry

Add the **coconut milk**, **2 tsp soy sauce** and **60ml (¼ cup) water** to the chicken mixture and bring to the boil (see Make it yours). Cover, then reduce the heat to medium-low and cook for 10 mins or until the chicken is cooked through. Taste, then season with **salt and pepper**. Remove the pan from the heat.



#### 5. Serve up

Stir the **spinach** through the curry until just wilted. Divide the **freekeh** and **chicken curry** among bowls. Enjoy!



#### 6. Make it yours

Our curry powder is mild, so if you like a kick of heat, add a pinch of chilli flakes to the curry in Step 4, or scatter over to serve if it's just for you.